

# FEEED STATION INFORMATION

VENUE INC. GRID REFERENCE	OPENING TIME	AMENITIES	13 VALLEYS ULTRA		7 VALLEYS ULTRA		5 VALLEYS ULTRA		2 VALLEYS TRAIL	
			START TIME - FRI - 18:00		START TIME - SAT - 06:00		START TIME - SAT - 08:00		START TIME - SAT - 10:00	
			DISTANCE*	CUT-OFF TIME	DISTANCE*	CUT-OFF TIME	DISTANCE*	CUT-OFF TIME	DISTANCE*	CUT-OFF TIME
HONISTER SLATE MINE NY 224 135	FRI 19:30		15.5KM	FRI 21:45						
WASDALE HEAD INN NY 186 087	FRI 21:40		29.0KM	SAT 01:15						
DALEGARTH STATION - ESKDALE NY 173 007	FRI 23:15		38.0KM	SAT 04:15						
CONISTION BOATING CENTRE SD 307 970	FRI 02:00		60.5KM	SAT 09:15						
JOEY'S CAFÉ AT WRAY CASTLE NY 374 009	SAT 04:00		75.5KM	SAT 13:00						
LANTY SLEE @ STICKLEBARN NY 294 064	SAT 05:15		87.5KM	SAT 16:00	13.0KM	SAT 09:15				
BORROWDALE INST, ROSTHWAITE NY 257 148	SAT 07:45		106.0KM	SAT 20:30	31.5KM	SAT 14:00				
GRASMERE GATHER NY 336 073	SAT 09:30		118.5KM	SAT 00:00	43.5KM	SAT 18:30				
AMBLESIDE UNITED NY 372 043	SAT 10:30		126.5KM	SUN 01:45	51.5KM	SAT 20:30				
THE FILTER HOUSE, HAYESWATER NY 421 130	SAT 10:00		146.5KM	SUN 07:00	71.5KM	SUN 01:00	19.0KM	SAT 15:00		
BURY HOSTEL, GLENRIDDING NY 365 174	SAT 11:00		156.0KM	SUN 09:30	81.0KM	SUN 03:00	28.0KM	SAT 18:15		
THRELKELD VILLAGE HALL NY 319 253	SAT 10:30		170.5KM	SUN 13:00	95.0KM	SUN 06:30	42.5KM	SAT 22:45	8.5KM	SAT 13:15
FINISH - CROW PARK NY 263 228			182.5KM	SUN 16:30	108.5KM	SUN 10:00	56.5KM	SUN 03:15	22.5KM	SAT 16:00

\*TO NEAREST 0.5KM

- NO SPECTATORS
- SPECTATORS
- HOT DRINKS
- NUTRITION
- HOT FOOD
- SLEEPING
- BAG DROP
- DROP OUT VIA PUBLIC BUS SYSTEM